

saskatchewan
preventioninstitute
our goal is **healthy** children



2024-2025
ANNUAL REPORT

Saskatchewan Prevention Institute

Our Goal Is Healthy Children.

The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, the ancestral territories of the Nêhiyawak, Nêhithawak, Nêhinawak, Anishinabek, Nakawe, Dakota, Lakota, Nakota, Dene, and the homeland of the Métis. We recognize that these lands are currently inhabited by Indigenous people from across Turtle Island including many other First Nations and Inuit peoples and acknowledge the importance of the treaties, the lasting impacts of colonization, and continued inequities. We are dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people and are grateful to live, work, and play on this land.

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MESSAGE FROM THE Chair of the Board

I present the 2024-2025 Annual Report, highlighting the Prevention Institute's busy and exciting year of developing programs, services, and initiatives.

Thank you to our core partners, including the Kinsmen Foundation, SaskAbilities, Government of Saskatchewan, and the University of Saskatchewan, for their unwavering support in reducing preventable disabilities in children.

We value our partnerships with Acquired Brain Injury, Public Health Agency of Canada, Saskatchewan Government Insurance, and Saskatchewan Liquor and Gaming Authority, which enhance our impact on primary prevention.

Our success is due to the hard work of our staff and leadership. This year, we made exceptional progress on the Strategic Plan, thanks to their energy, commitment, and expertise. We thank our service users, including providers, community leaders, experts, and Indigenous communities, for their shared growth and understanding.

I thank the Board members, Executive Committee, Program Advisory Committee, and Medical Advisory Committee for their guidance and expertise in supporting our primary prevention initiatives.

I look forward to continuing the Strategic Plan implementation, including reconciliation learning and initiatives to better serve our community.

Sincerely,

A handwritten signature in black ink, reading "Shelley Thomas Prokop". The signature is written in a cursive style.

Shelley Thomas Prokop, Chair



MESSAGE FROM THE Executive Director

Reflecting on the 2024-25 fiscal year, I am, as always, amazed by the exceptional work of our staff which is strengthened by our invaluable community relationships. Our achievements would not be possible without the dedication and passion of our staff and partners.

Their commitment to our mission has been the driving force behind our success. This year, we have made significant strides in implementing our Strategic Plan, focusing on expanding our reach and enhancing our impact.

We remain flexible to address emerging needs in communities across our province. To do this, we rely on our stakeholders to bring forward emerging issues and trends that they see in their communities and organizations that impact children's health and well-being.

Our strong partnerships heighten our impact. By working collaboratively, we leverage our collective resources and expertise, increasing community capacity and creating meaningful and sustainable change.

As we move forward, we will remain committed to our mission and to deepening our community partnerships. We will continue to listen, learn, and collaborate. Together, we can help all children thrive through primary prevention and the promotion of well-being.

Thank you for your support and commitment to our shared vision.

Sincerely,

A handwritten signature in black ink, appearing to read 'L. Hinton'.

Lee Hinton, Executive Director

FOUNDING PARTNERS



Congratulations to SaskAbilities for their 75th anniversary. We are proud to have SaskAbilities as a key partner, founding member, and core funder of the Saskatchewan Prevention Institute. Every year, SaskAbilities staff and programs support thousands of families and individuals experiencing disabilities across Saskatchewan. With a wide range of services, they support and empower children, youth, and adults with disabilities to live life to their fullest potential. **Thank you** for your dedication to and advocacy for an inclusive Saskatchewan. **Your work makes a significant difference to the lives of many.**



The Kinsmen Foundation, one of our founding members, core funders, and valued partners, has been instrumental in shaping the Prevention Institute's vision. The Prevention Institute's founders sought to bridge the gap between research and frontline programming, services, and education to reduce the incidence of preventable disabilities and mitigate the impact of disabling conditions. **Since our inception, the Kinsmen Foundation has supported the Prevention Institute's vision of healthy children.** Thank you to the Kinsmen Foundation for your unwavering financial support and partnership, which has positively impacted children, families, caregivers, and service providers across the province. Your contributions make a difference in people's lives.



The Ministries of Social Services, Health, Education, and Justice and Attorney General all play an integral role in the work of the Prevention Institute. **As founders, funders, and collaborators, their involvement is critical to our mandate.** We are grateful for their ongoing support and partnership, through which we can achieve our goal of using primary prevention and health promotion to increase the health and well-being of children in Saskatchewan.



The Prevention Institute extends its gratitude to the University of Saskatchewan for their pivotal role in founding the Prevention Institute as well as their continued partnership.

The University of Saskatchewan supports our vision of enhancing the health and well-being of children across Saskatchewan. The Prevention Institute would also like to express gratitude to the many departments that we partner with: Colleges of Nursing, Medicine, Education, Public Health, Social Work, and Community Health and Epidemiology. Your collaboration is appreciated.



The Prevention Institute gratefully acknowledges the support and guidance received from a number of dedicated citizens who serve as Community Members-at-Large on the Board of Directors.

THANK YOU

Thank you to the program funders for their ongoing support and partnership: Acquired Brain Injury Partnership Project, Government of Saskatchewan, Public Health Agency of Canada (PHAC), Saskatchewan Government Insurance (SGI), and Saskatchewan Liquor and Gaming Authority (SLGA). Program funding allows the Prevention Institute to provide training, education, and capacity building in specific program areas to meet emergent and ongoing needs related to child health and well-being.



Saskatchewan
Liquor and Gaming
Authority



ACQUIRED BRAIN INJURY
Partnership Project



Public Health
Agency of Canada

Agence de santé
publique du Canada

TRUTH, RECONCILIATION, AND TREATY IMPLEMENTATION

At the Prevention Institute, we are dedicated to our journey towards Truth, Reconciliation, and Treaty Implementation. Partnering with the Office of the Treaty Commissioner, we have developed and are actively implementing an action plan that honours the spirit and intent of the Treaties.

Core to the Action Plan is seeking new partnerships and strengthening those already in place. Working alongside partners allows us to continue to leverage our collective impact and resources to create meaningful change.

Our learning is ongoing and will require continuous effort and reflection. As we walk this path alongside our partners, we are committed to listening, learning, and adapting our strategies and services to better serve the needs of those living on Treaty lands 2, 4, 5, 6, 8, and 10 and the Homeland of the Métis.

Our Truth, Reconciliation, and Treaty Implementation journey is not just about addressing past harms; it is also about building a future where all children can thrive. We believe that by working collaboratively, we can make an impact on the health and well-being of our communities.



CORE STAFF

Our core staff are the backbone of the Prevention Institute, ensuring evidence-based activities and resource development, effective knowledge exchange, and seamless program management. They are involved in initiatives from community engagement to strategic direction, supporting the development of evidence-based materials, engaging training sessions, and high-quality resources. With expertise in research, evaluation, communications, web development, graphic design, human resources, and administration, they are integral to the success of the organization.

Lee Hinton, Executive Director

Megan Clark, Research and Evaluation Team Lead

Laura El Mir, Program Manager

Jody Shynkaruk, Program Manager

Donna Anderson, Office Administrator and Financial Clerk

Ryan Arcena, Web Development Coordinator

Bobb Dueck, Communications and Graphic Design Coordinator

Lindsay Soderberg, Corporate and Office Administrator

STAFF RECOGNITION

Ryan Arcena: 10 Years of Service

We would like to thank Ryan for his dedication and commitment to the Prevention Institute. As the Web Development Coordinator, Ryan is one of a kind and a vital part of our team, ensuring that our online presence is up-to-date and engaging. Ryan's role allows the Prevention Institute to move forward with the times, as technology continually changes the ways that people receive and use information.

Laura El Mir, Program Manager

Laura has been at the Prevention Institute since August 2022. We would like to congratulate her for moving into the Program Management role during the 2024-25 fiscal year. Her passion for and expertise in public health and children's health, as well as her aptitude in the areas of leadership and mentorship, make her a strong member of the Leadership Team.

2024-2025 STRATEGIC PLAN

In 2022, the Prevention Institute released a five-year strategic plan. The plan focuses on five key pathways:

- Community Relationships, Engagement, and Capacity
- Respond to Emerging and Persistent Trends
- Promoting Evidence-Based Practices
- Visibility and Awareness
- Sustainable Organization and Adaptive Leadership (not included in this summary)

➔ Community Relationships, Engagement, and Capacity

The Prevention Institute collaborates with professionals and organizations across Saskatchewan to strengthen provincial capacity in promoting childhood well-being. Efforts include engagement with professionals, organizations, communities, and sectors serving youth, families, caregivers, and people who are planning a pregnancy, are pregnant, or are postpartum. The Prevention Institute prioritizes equity, acknowledges diverse community needs, and works towards Reconciliation and Treaty Implementation.

In 2024-2025, Prevention Institute staff sat on 36 Saskatchewan-based committees, including 32 of which were provincial in scope, 3 were Saskatoon-based, and 1 was focused on Northern Saskatchewan. Additionally, staff participated in 14 national committees, and the Executive Director participated in 5 international committees. A variety of programs at the Prevention Institute hosted networking meetings and Google Groups specific to their program areas. In 2024-2025, these groups had a total of 2,157 members from a variety of professions and sectors across Saskatchewan.

➔ Respond to Emerging & Persistent Trends

The work of the Prevention Institute is grounded in evidence-based information. Timely responses to emerging and persistent trends identified through partners, communities, and research play an important role. Programs topics, resources, and priority areas are driven by the best available evidence. In 2024-2025, the following topics were explored through the completion of research reports, which will serve as a basis for future work.

- Traumatic brain injury and child maltreatment
- Community-led strategies for alcohol-related challenges
- Collaboration to prevent alcohol-related harms
- Childhood exposure to intimate partner violence
- HIV, tobacco use, and pregnancy
- Human trafficking in Canada
- Youth social media use and mental health
- Positive childhood experiences
- Ethical and equitable engagement

Members of the Prevention Institute Leadership Team provide support for academic and community-led research projects, collaborating with the University of Saskatchewan, Truly Alive Youth and Family Foundation, and Praxis Consulting. This work includes providing letters of support for proposals (3 letters written in 2024-2025) and participating on advisory committees of research projects (participated on 4 project committees).

➔ Promoting Evidence-Based Practices

The Prevention Institute is committed to sharing knowledge with and learning from content experts, frontline service providers, individuals with lived experience, organizations, and communities. Knowledge translation efforts focus on making evidence-based information accessible to communities, professionals, and partners while actively seeking their input and expertise.

Knowledge Translation Highlights

Educational Events:

- 47 virtual events reaching 4,156 individuals
- 30 in-person events reaching 1,017 individuals
- 30 community events (external) reaching more than 3,261 individuals
- 3 Prevention Post newsletters reaching 1,468 people
- Events reached individuals in at least 143 different communities across Saskatchewan.

Resources:

- 7,938 resources downloaded
- 81,167 print resources distributed
- 2,606 YouTube Video views
- 7,093 *Let's Talk Syphilis* campaign microsite views
- 1,410 *Be the Village* campaign microsite views
- 568,558 Saskatchewan Prevention Institute website views
- Print resources were distributed through at least 45 different communities across Saskatchewan.

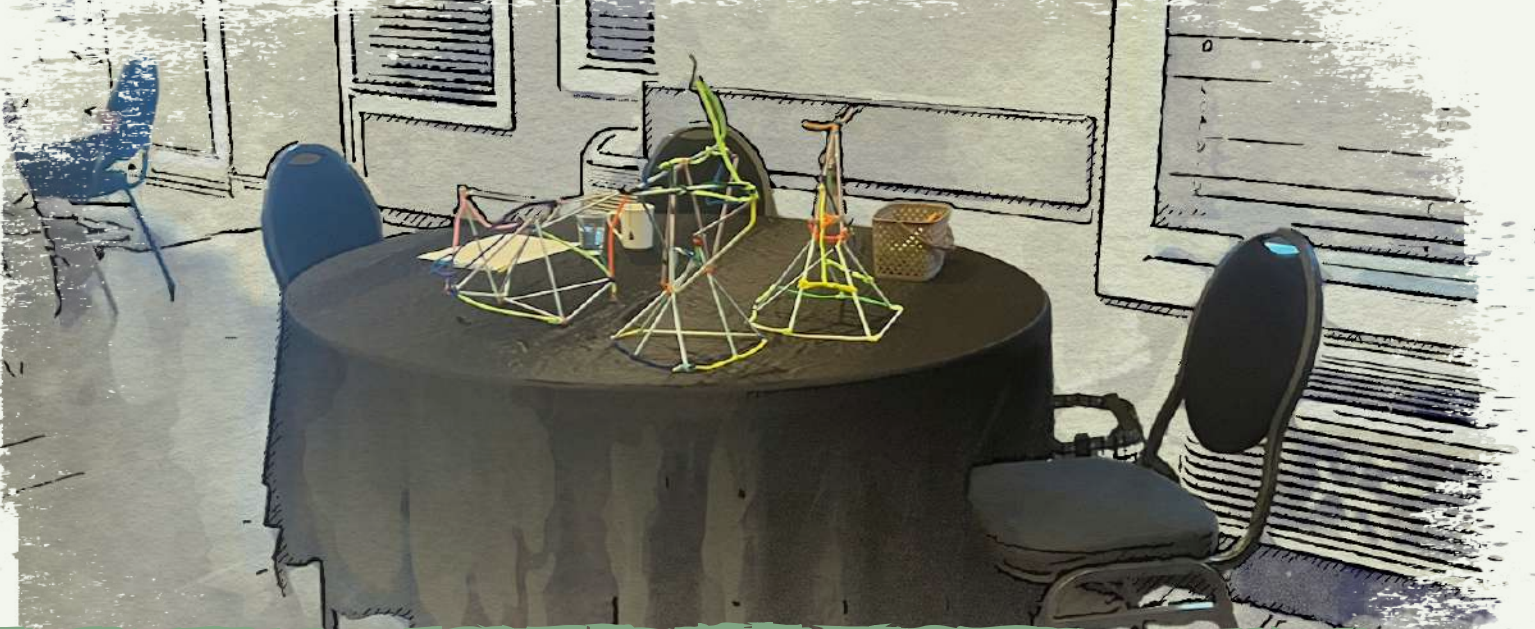
➔ Visibility & Awareness

Increasing the Prevention Institute's visibility throughout the province ensures that those working with families, caregivers, parents, children, and youth are aware of and can access our programs and services.

In 2024-2025, five multi-media campaigns occurred, including:

- *Be the Village* (FASD Prevention Campaign)
- *Let's Talk Syphilis*
- *Keep It Safe-Saskatchewan (KIS-SK)* App
- *My Saskatchewan Pregnancy* App
- Corporate Awareness Campaign

For more information about the Prevention Institute's strategic plan, please visit <http://www.skprevention.ca/strategic-plan-2022-2027/>.



PARENTING PROGRAMS

Jackie Eaton,
CAPC Training and Education Coordinator
Connie Herman,
Nobody's Perfect Parenting Program Coordinator

The Community Action Program for Children (CAPC) and Nobody's Perfect Parenting Program at the Saskatchewan Prevention Institute work together to support service providers working with parents and caregivers with children aged 0-6. The goals of this work are to raise awareness, increase knowledge, and promote attitudes and best practices that assist parents to raise healthy, safe, and happy children. In addition to the joint projects highlighted below, the Parenting Programs distributed 5,319 print and electronic resources covering topics such as nutrition, physical activity, healthy weights, healthy parenting, brain development and emotional regulation (*My Curious Brain*), and early childhood mental health.

Parenting Matters: Nurturing Attachment Virtual Conference

Dr. Deborah MacNamara presented *Building Attachment Communities to Raise Children In and Nourish: How Food and Relationships Go Together*. These sessions were based on attachment science, neuroscience, and developmental psychology and provided a foundation for understanding how relationships can be nurtured in the early years. A total of 106 participants attended. Evaluation results indicated that 100% of respondents found the information helpful in their work with parents/caregivers and families.

Supporting Parents Webinar Series: Helping Families Thrive

Designed to help parents and caregivers create environments that support children's well-being, this series provides valuable resources for both group-based and independent learning. Each webinar includes interactive activities and breakout sessions for personalized discussions. The series reached a total of 92 participants live, as well as 5 parenting groups (group sizes ranging from 3-8). An additional 131 registrants accessed the recorded sessions. All webinars are recorded and available at <https://skprevention.ca/supporting-parents-webinar-series/>.

Community Action Program for Children (CAPC) Projects

The Saskatchewan Prevention Institute's CAPC project, funded by the Public Health Agency of Canada, supports the educational, networking, and resource needs of 21 CAPC projects across the province. By focusing on key areas such as mental health, healthy weights, parent-child attachment, and injury prevention, the program enhances the health and social development of children aged 0-6. A variety of approaches - including hands-on activities, group discussions, and resource sharing - help engage CAPC project staff effectively.

CAPC Networking Meetings: Connecting, Learning, and Growing

In 2024-2025, CAPC facilitated collaboration and professional growth through a variety of networking opportunities. Three in-person regional meetings in Regina, Saskatoon, and Prince Albert connected 32 participants, fostering knowledge-sharing and relationship-building. The CAPC Learning & Networking Event in Saskatoon brought together 30 participants for 2 days of interactive activities, including the *Brain Architecture Game* and the *8 Dimensions of Wellness*. Professional-led sessions explored family literacy, childhood grief, and self-care for service providers. Dedicated networking time strengthened connections and encouraged collaboration. Additionally, 2 virtual networking meetings provided a platform for CAPC project staff to share updates, resources, and key insights.

Resource Development and Distribution

To promote healthy infant feeding practices, CAPC collaborated with the Northern Healthy Communities Partnership Healthy Eating Team to create 5 brochures: *Building a Healthy Relationship with Food: 6 Months and Older*; *Feeding Baby: 6 Months and Older*; *Introducing Cow's Milk to Baby: 6 Months and Older*; *Making Homemade Baby Food*; and *Breastfeeding*. These resources are available for download on the Saskatchewan Prevention Institute's website.

CAPC also produced and distributed a quarterly newsletter. Each edition featured a topic to support the well-being of children, a healthy recipe, resources to read for reconciliation, activities to encourage physical activity, updates on Saskatchewan Prevention Institute materials, and key awareness dates. To access the newsletters, visit: <https://skprevention.ca/capc-newsletters/>.

Empowering Communities: Building Resilience and Addressing Trauma

CAPC sponsored the webinar *Good News and Simple Tools for Building Resilience and Working with Trauma* with Dr. Linda Chamberlain, attracting over 200 registrants from Canada, United States, Philippines, and Barbados. Participants gained practical, science-supported strategies to reduce stress, build resilience, and support emotional regulation in children and adults.



NOBODY'S PERFECT

Nobody's Perfect is a well-established, national education and support program for parents with children in the early years. The goal of Nobody's Perfect is to enhance the capacity of parents and caregivers to raise healthy, safe, and happy children. Guided by the key principles of respecting values, experiential learning, and being participant-driven, Nobody's Perfect uses trauma-informed processes to provide safe spaces for parents to share, learn, connect, develop skills, and build on strengths. Some of the main topics that guide the program include child development, safety, health and behaviour, promoting support systems, and strategies for positive parenting.

The Saskatchewan Prevention Institute has been the coordinating agency for Nobody's Perfect since 1990. In Saskatchewan, Nobody's Perfect provincial coordination is funded by the Ministry of Social Services. The Nobody's Perfect Coordinator organizes and trains family service providers in Saskatchewan to become Nobody's Perfect facilitators. These facilitators then deliver the program, offering child development knowledge, parental skill development, and community support to parents. Evaluations and impact studies have shown that the Nobody's Perfect Program has many benefits for parents, including increased ability to cope with stress, increased confidence and resourcefulness, and increased support systems.

Nobody's Perfect Facilitator Trainings

This past year, the Nobody's Perfect Coordinator offered 5 Nobody's Perfect facilitator trainings, with 56 service providers from across Saskatchewan trained to become Nobody's Perfect Program facilitators. One of the trainings focused specifically on incorporating Indigenous teachings and practices into Nobody's Perfect Programs. In addition to the facilitator trainings, 2 refresher trainings and 16 related presentations were provided by the Nobody's Perfect Coordinator.



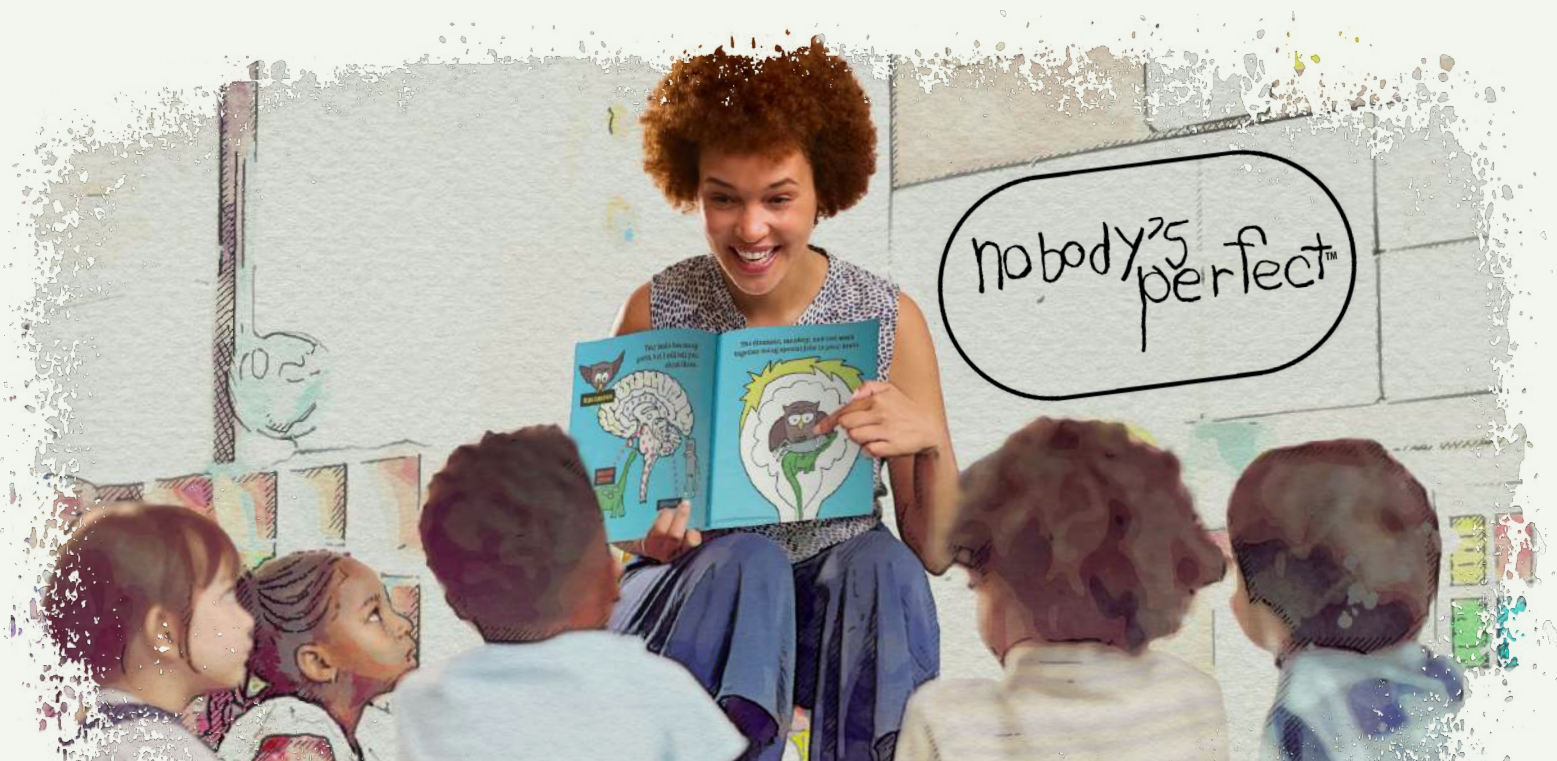
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The Nobody's Perfect trainers pulled us in and showed us firsthand why this approach to adult learning is so impactful. By the middle of the session, we were fired up and couldn't wait to get started at putting these principles to work for us.

It was hard to say goodbye at the end as this was one of the most engaging and impactful trainings I have had.

- Testimonial from one of the participants in the Nobody's Perfect Facilitator Training.

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CHILD INJURY PREVENTION PROGRAM

Beth Blakley, Program Coordinator
Suzanne Hartman, Research Coordinator

Although serious injuries are largely predictable and preventable, unintentional injuries continue to be a leading cause of death and hospitalization for children in Saskatchewan. The Child Injury Prevention Program works to decrease the occurrence of injury-related deaths and life-altering injuries in children in the province. The Program aims to increase knowledge and awareness of evidence-based injury prevention strategies for those who work directly with children and their caregivers, as well as the public.

Education & Resources

Providing in-person and virtual education to service providers was a focus this year. Several conferences and health fairs were attended, with 5 in-person injury prevention presentations being delivered to diverse audiences. Based on emerging trends and topics identified by service providers, 5 webinars were organized. The webinars were joined by 158 live attendees and recordings were accessed by 192 viewers.

Save Rez Dogs: Innovative Approaches to Increasing Community Safety, presented by Leah Arcand (Save Rez Dogs)

Best Practice Guidelines in the Acute Care Management of Pediatric Concussion, presented by Dr. Roger Zemek (CHEO Research Institute)

Outdoor and Risky Play: Reframing Perspectives Using Evidence, presented by Dr. Louise de Lannoy (Outdoor Play Canada)

Infant Safety at Home: Preventing Common Injuries, presented by Beth Blakley and Rosemary Chukwu (Saskatchewan Prevention Institute)

The Lockbox Project: Starting Safety Conversations About Suicide and Accidental Poisoning, presented by Anne Duriez (Meadow Lake Roots of Hope Program) and Jessica Olson (Saskatchewan Health Authority)

In recognition of National Fall Prevention Month (November), the Coordinator developed a recorded presentation titled *Understanding Child Development to Prevent Fall-Related Injuries*, which is available on the Prevention Institute's website. The presentation provides evidence-based information on developmental milestones, creating safe environments for children, and fall prevention tips by age.

23rd Annual Bicycle Safety Week

May 12-18, 2024

Bicycle Safety Week aims to promote safe cycling practices and proper helmet use to children. Communities, schools, and organizations across the province hosted events and were supported through the distribution of free educational resources, teaching materials, and promotional items. In partnership with the Acquired Brain Injury Education and Prevention Coordinators, virtual bicycle safety presentations were also delivered to 99 elementary school classrooms with approximately 2,400 students in attendance. In total, there were 138 registered bicycle safety events in 65 communities, involving 71 partnering organizations and 10,400 child participants.

Program Highlights

- 291 recipients of the Child Injury Prevention Newsletter
- 4 news interviews and newspaper articles
- 41,752 total resources accessed (print and online)

Most popular resources:

- **When Your Baby Can't Stop Crying brochure**
- **Protect Your Baby's Head Shape: Preventing Flat Spots on Your Baby's Head brochure**



We had 2 students who learned to ride a 2-wheeler because of the event. They are proud of their accomplishments and are working on using hand signals.

- Testimonial from one of the Bicycle Safety Week participants.





CHILD TRAFFIC SAFETY PROGRAM

Jason Hogan, Program Coordinator

The Child Traffic Safety Program offers information and education on child passenger safety and supports a province-wide network of certified child passenger safety technicians. The goal of this program is to reduce death and injury to Saskatchewan children resulting from motor vehicle crashes. A key component of the program involves training technicians and assisting with car seat clinics across the province.

Car Seat Clinics, Checks, and Information Sessions

This year, Saskatchewan technicians hosted 101 car seat clinics and checked 1,907 car seats across the province. Eighteen in-person presentations on car seat safety were delivered at different locations throughout Saskatchewan, including Yellow Quill First Nation, Kinistin Saulteaux Nation, and One Arrow First Nation, as well as support agencies such as West Winds Health Centre, Motherhood YXE, and Sanctum 1.5. Presentations reached high-risk groups including newcomers, young mothers, and families facing housing or substance use challenges.

The Coordinator worked in collaboration with the Ukrainian Canadian Congress to ensure that translation was available during a training with recent Ukrainian refugees to ensure accessibility. There were 57 new car seats distributed to newcomer families after they received funding from the Saskatchewan Government Insurance (SGI) Car Seat Grant.

Child Passenger Safety Technician (CPST) Training

There were 10 child passenger safety technician (CPST) certification courses held this fiscal year, training 65 new technicians across a variety of sectors. This included the City of Regina Fire Department's first-ever involvement. Sessions were hosted in Saskatoon, Meadow Lake, Prince Albert, Rosthern, and Regina. The Coordinator continues to provide support to Saskatchewan's 347 active technicians, ensuring high standards of safety and education.

Annual Technician Update

The Annual Technician Update is one of the only CPST-specific professional development events in Canada. This year, the update was held in Saskatoon and was attended by 85 CPSTs. The event featured speakers from SGI, the Child Passenger Safety Association of Canada (CPSAC), Cravings Baby Boutique, Evenflo, the RCMP, and advocates for Hailie and Trent's Law. Resources and technician supplies were provided to attendees.

Local dealerships provided vehicles, and boutiques and maternity stores donated several modern car seats for hands-on practice. The event concluded with a well-received public car seat clinic.

Program Highlights

- Jason Hogan was elected to CPSAC's Board of Directors as a Member-at-Large.
- Approximately 15 consultations were provided for children requiring accessible or specialized car seats. This included collaboration with therapists, caregivers, and health-care professionals.





FASD PREVENTION PROGRAM

Christie Ingebehoh, Program Coordinator
Tanvir Ahmed, Research Coordinator

The Fetal Alcohol Spectrum Disorder (FASD) Prevention Program provides information, resources, and training focused on preventing FASD by reducing the harms of prenatal alcohol use and highlighting the importance of community support during pregnancy. The program is funded by the Ministry of Health and the Saskatchewan Liquor and Gaming Authority.

FASD Awareness Month

FASD Awareness Day is recognized annually and provincially on September 9. Throughout September, the Program supported communities and organizations hosting awareness events focused on FASD prevention. This year, FASD staff participated in the FASD Awareness Walk held in Saskatoon. The Program Manager was interviewed by CTV to discuss the importance of FASD prevention and the ongoing *Be the Village* campaign. A total of 5,751 resources were distributed to communities and agencies across Saskatchewan to promote FASD Awareness Month.

FASD Prevention and Awareness Grants

The FASD Program awarded grants to 6 community organizations to support FASD prevention awareness activities. Funded initiatives included health fairs, workshops and presentations, billboard campaigns, information booths at community events, and an art contest highlighting the impact of FASD in the community.

Motivational Interviewing (MI)

The Prevention Institute offers MI training to service providers with an emphasis on preventing alcohol-exposed pregnancies and FASD. Two Introductory MI workshops and one Advanced MI training were delivered to 34 service providers across the province. A new MI information card was developed to promote its benefits and the availability of training opportunities.

A Train-the-Trainer workshop was also organized and was facilitated by Roxanne Sawatzky. Participants developed lesson plans, presentation materials, and practiced facilitation skills under expert guidance. Four participants, including the Coordinator, completed the program and received certification. These new trainers will join the Saskatchewan MI Trainers Group to expand training opportunities.

Be the Village Campaign

The FASD Program continued to promote its *Be the Village* campaign, encouraging everyone in the community to consider their role in supporting healthy pregnancies and the prevention of FASD. The campaign includes province-wide messaging through online and traditional media (e.g., billboards, radio, and television advertising). The microsite (thevillagesk.ca) shares success stories of individuals, communities, and organizations that are part of a 'village' supporting healthy pregnancies. Campaign posters were translated into Plains Cree and Dene to better reach Indigenous communities across the province.

Community Engagement and Resources

This year, the FASD Prevention Program delivered 6 presentations and hosted 3 webinars about FASD and alcohol-related harms. It also shared information and research updates with service providers through the Alcohol: Let's Talk Working Group.

A total of 23,325 Program resources were distributed across Saskatchewan. The most popular resources were the following information cards:

- **Be the Village**
- **What Have You Heard about Pregnancy and Alcohol?**
- **Pregnancy and Alcohol: What Doctors Would Like You to Know**

A new information card, titled *Fetal Alcohol Spectrum Disorder*, was created to identify common challenges and strengths and emphasize the importance of early identification and support. Additional resources were reviewed and updated to reflect current research and best practices.





YOUTH ACTION FOR PREVENTION PROGRAM Nicole Sellers, Program Coordinator

Opening the Door to Difficult Conversations Toolkit Trainings

This year, the Youth Action for Prevention (YAP) Program focused on building capacity across the province through the delivery of the *Opening the Door to Difficult Conversations* Toolkit workshops. There were 10 workshops held, reaching over 120 adult allies. The training equips participants with essential skills in facilitation, youth engagement, trauma-informed practices, and creating safe and inclusive spaces. By fostering these competencies, the Program enables participants to effectively engage youth in meaningful discussions about alcohol and its associated harms. Feedback from the workshops was overwhelmingly positive. Many highlighted the practical, relatable nature of the sessions and their value for working with youth.

Starting the Conversation Lesson Plans

A mailout was sent to 675 schools across the province, including elementary, middle, and First Nations schools to promote the new *Starting the Conversations* lesson plans. The mailout also advertised a related virtual workshop for educators. The workshop was attended by educators from across the province. The lesson plans are now widely available to principals, elementary teachers, and high school health educators.

Social Media and Youth Engagement

To foster youth leadership and visibility, the Program hired Abbie Shynkaruk, a first-year nursing student, to create engaging social media content. For International Youth Day, the Program launched a social media contest inviting youth to submit posts on digital wellness, healthy decision-making, and alcohol-free living.

Youth-Led Community Health Grants

The Youth-Led Community Health Grants program received strong interest this year, with 8 youth-led initiatives funded for a total of \$10,000. Projects focused on alcohol-related harms and sexual health. The YAP Coordinator attended one grant-funded event, providing an opportunity to connect with 250 youth from 18 schools and community members, demonstrating the meaningful impact of these initiatives.

New and Updated Resources

Two new booklets were developed this year in response to community requests.

- Alcohol
- Let's Talk Alcohol - Tips for Parents

These resources offer accessible information about alcohol and provide strategies to help parents start meaningful conversations with their children about alcohol and health. Updates were also made to the *Mental Wellness Card* and the YAP website to reflect current evidence and best practices.

Educational Webinars

In response to community interest in topics related to online safety and youth mental health, the YAP Program hosted several well-attended webinars:

- **Cyber Safety Awareness and Online Harms**, presented by Laura Lawrence (Youth Matter Canada)
- **Creating a Personal Wellness Plan**, led by Sheryl Boswell (Youth Mental Health Canada)
- **The Lockbox Project**, in collaboration with the Child Injury Prevention Program, presented by Anne Duriez (Roots of Hope Program) and Jessica Olson (Saskatchewan Health Authority)



“

Effective approaches to deliver information to young people in a way that is engaging and Informative.

- Workshop participant feedback

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“

It seems all the modules are positive ways to help initiate youth to think about and or discuss what they're going through.

- Workshop participant feedback

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PERINATAL AND INFANT HEALTH PROGRAM

Rosemary Chukwu, Program Coordinator

The Perinatal and Infant Health (PIH) Program is dedicated to improving the health outcomes of individuals during pregnancy and early infancy. This critical period - from preconception to the first three years of life - plays a major role in long-term health and well-being. The PIH Program provides evidence-based information and resources related to ongoing and emerging perinatal and infant health issues to support healthcare professionals, service providers, pregnant people, and families. Through initiatives like the *My Saskatchewan Pregnancy* app, educational resources, webinars, and social media campaigns, the Program aims to improve birth outcomes, reduce perinatal risks, and improve infant health.

Some of the notable resources developed this year include:

- Common Postpartum Complications fact sheet and webpage
- Essential Foods for a Healthy Pregnancy brochure
- Intimate Partner Violence and Pregnancy fact sheet and website updates

The *My Saskatchewan Pregnancy* app continues to be an important resource. Since its launch in 2020, it has been downloaded 8,867 times. In the past year alone, the app was downloaded 1,324 times, demonstrating its continued relevance to and use among pregnant people in the province. Promotional efforts included ads on city buses, Facebook, SaskNow, PANow, and other online campaigns. A total of 1,811 promotional items (e.g., pens, pop sockets, hand sanitizer) were also distributed across Saskatchewan to help raise awareness of the app.

The PIH Program continued to provide valuable learning opportunities for healthcare professionals and service providers, including those hosted in collaboration with other Prevention Institute programs. The webinar *Infant Safety at Home* was hosted in partnership with the Child Injury Prevention Program and had 76 registrants.

Another webinar, *Violence Against Women in the Perinatal Period*, was hosted in collaboration with the Sexual and Reproductive Health Program and had 90 registrants. Additionally, the webinar *Understanding Maternal Mental Health*, featuring Dr. Angela Bowen, had 282 registrants. These collaborative efforts showcase the importance of various programs working together to provide education and support to health-care professionals and the community.

The PIH Program's Maternal and Infant Health Interest Group continued to be a useful platform for sharing resources and connecting professionals. Membership grew to 136, with 12 new members this year. The results of a members' survey showed that all respondents found the group valuable for gaining new knowledge and staying informed about webinars, events, and resources. In addition, 59% said the group also helped them build new skills.

The Program Coordinator maintained active participation in several provincial and national committees, including the Baby Friendly Initiative Collaborative and the Perinatal Nutrients of Concern Resource Development Working Group. Participation on these committees allows the PIH Program to contribute to ongoing initiatives that improve perinatal care and address the needs of diverse populations, including Indigenous families.

The PIH Program has continued to increase knowledge and awareness of perinatal and infant health issues throughout Saskatchewan. By focusing on resource development, educational opportunities, and partnerships and collaboration, the Program works to increase the capacity of both professionals and families to make informed decisions that promote health in pregnancy and early childhood.



KIS-SK (Keep It Safe Saskatchewan) **FREE SEXUAL HEALTH APP**

Learn about contraceptive options and sexually transmitted infections, get answers to frequently asked questions, and find nearby sexual health services - all to help you make healthy and informed decisions about your sexual health.

www.skprevention.ca/kis-sk



My Saskatchewan Pregnancy **FREE PRENATAL APP**

Access healthy pregnancy tips, learn about your baby's growth, track your health, view educational videos, and find resources near you.

www.skprevention.ca/pregnancy/#my-sk-pregnancy

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SEXUAL AND REPRODUCTIVE HEALTH PROGRAM

Abbey Goertzen, Program Coordinator
Suzanne Hartman, Research Coordinator

Sexual and reproductive health is an important factor in overall wellness throughout a person's life. The Sexual and Reproductive Health (SRH) Program takes a preventative, evidence-based approach to address the needs of Saskatchewan residents before and during their reproductive years. By creating accessible educational materials and targeted health promotion campaigns, the program empowers individuals to make informed, healthy decisions that benefit them and their families.

Human Trafficking

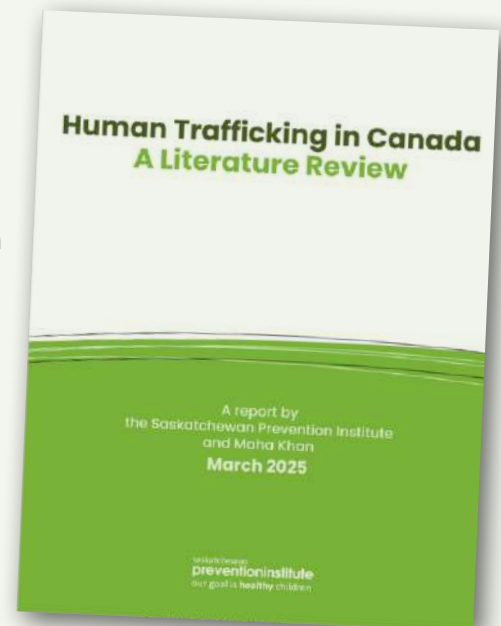
Human trafficking is a human rights violation that occurs globally, including in Saskatchewan. Understanding the risk factors and signs of human trafficking is critical for prevention and intervention efforts in Saskatchewan.

In response, the SRH Program developed *Human Trafficking in Canada: A Literature Review* and an accompanying *Environmental Scan of Available Online Resources*.

These documents identify risk factors, trafficking methods, consequences for victims, and support needs.

Evidence-based best practices for human trafficking prevention and intervention are also discussed to help provide guidance for efforts in Saskatchewan.

The environmental scan is intended to support frontline service providers in locating supports for victims, improving service delivery and collaboration in the province. These documents will be used to inform future resources created by the Program.



Syphilis Health Promotion

The rising rates of syphilis and congenital syphilis in Saskatchewan continue to be a priority for the SRH Program. This year, the SRH Program promoted the *Let's Talk About Syphilis* campaign across Saskatchewan through various media channels. Syphilis health promotion messaging was shared province wide on radio, billboards, bus ads, Facebook, Tinder, and TV ads. Syphilis ads also ran on Missinipi Broadcasting Corporation (MBC) Radio, ensuring messaging reached rural and northern communities. The *Talk Syphilis* website (www.talksyphilis.ca) received over 7,093 visits in the year, helping to increase awareness and testing.

Outreach and Education

Access to comprehensive, age-appropriate sexual health education is a human right. Research shows that comprehensive sexual health education is associated with delayed onset of sexual activity, safer sex practices, a reduction of sexually transmitted and blood borne infections and unintended pregnancies, development of healthy relationships, and an understanding of personal rights.

This year, the SRH Program connected with educators and service-providers at 6 conferences, sharing resources and best practices to build confidence in delivering sexual health information. To support parents as children's primary sexual health educators, the SRH Program updated the *Learning About My Body* resources and the *Tips for Talking with Your Child: How to Build Healthy Relationships, Including Dating Relationships* booklet. Additionally, the SRH Program hosted two webinars: *Keeping Kids Safe Online* and *How to Make Your Practice More Sex Positive*.

Resources

This fiscal year, the SRH Program distributed a total of 24,014 print resources. The most popular resources were:

Youth-Friendly Sexual Health Information (3,774 copies), *Building Healthy Relationships: Yes, that includes dating relationships!* (3,445 copies), *Building Healthy Online Relationships* (2,764 copies), *Contraceptive Options: Finding the Best Method of Birth Control for You* (2,455 copies), and *Sexually Transmitted Infections: Are You Positive You're Negative?* (2,088 copies).

These resources supported individuals, educators, and health providers in addressing critical topics like healthy relationships, online safety, contraception, and safer sex.





STBBI PROJECT ASSISTANT

Caila Robson-Kullman, Project Assistant

The STBBI Project Assistant role, previously known as the HIV Collaborative Project Assistant, has expanded its scope to focus on sexually transmitted and blood borne infections (STBBI). Although the Saskatchewan HIV Collaborative's last active work plan concluded in 2020, efforts are underway to implement a province-wide integrated STBBI framework. The STBBI Project Assistant position remains committed to enhancing awareness, building capacity, and supporting programming to prevent and manage STBBI throughout Saskatchewan. The Ministry of Health funds the STBBI Project Assistant position, which has been hosted by the Saskatchewan Prevention Institute since 2011.

STBBI Events and Awareness Days

The Project Assistant promotes various awareness days, including Provincial HIV Testing Day, World AIDS Day, AIDS Awareness Week, and Indigenous AIDS Awareness Week, to educate the public about STBBI and encourage testing, prevention, and support services.

This year, the Project Assistant collaborated with HIV Strategy Coordinators to support events across Saskatchewan, providing preparatory support for awareness events, including securing official proclamations, developing social media content, updating webpages, compiling statistics, and connecting to resources. Notably, 9 HIV testing/awareness events were held in 7 locations across the province on Provincial HIV Testing Day, with approximately 1,237 attendees, 111 people tested for HIV, and 98 HIV self-test kits distributed.



Provincial Infant Formula Program

The Project Assistant budget covers the cost of infant formula for babies born to parents living with HIV for the first year of life, supporting the health and well-being of these children and their families. This year, 35 babies received formula through the program.

Capacity Building for Healthcare Providers

By supporting the development and delivery of training and education opportunities, the Project Assistant enhances the capacity of healthcare providers to prevent and manage STBBI. This includes courses and workshops aimed at improving healthcare providers' knowledge and skills in STBBI-related areas, such as HIV pre-exposure prophylaxis (PrEP), maternal/parental and perinatal HIV management, and syphilis. Through a partnership with the University of Saskatchewan's Continuing Pharmacy Education (USask CPE) program, the Project has supported the education of healthcare providers, covering the cost of 925 pre-registration seats this year. This ensures that healthcare providers have access to the latest knowledge and best practices in STBBI prevention and management, ultimately enhancing the quality of care provided to patients across the province.

Saskatchewan HIV Collaborative Website

The website (www.skshiv.ca) is currently undergoing a review process. A website assessment guide was compiled by the Project Assistant to evaluate STBBI information and resources available in Saskatchewan, as well as the overall content and functionality of the Saskatchewan HIV Collaborative website. The website had 16,765 visits in the past year, with the most popular downloaded/viewed document being the 2024 SK HIV Testing Day Event Calendar.



EARLY CHILDHOOD TEAM

Children's well-being is shaped by everyone who provides care - parents, caregivers, and service providers - as well as by their interactions with communities, organizations, and systems. Recognizing this, the Saskatchewan Prevention Institute is committed to equipping service providers with knowledge and opportunities that enhance their ability to support children to thrive and develop to their full potential.

One of the ways this commitment is put into action is through the work of the Early Childhood Team (ECT), which brings together representatives from several programs: Perinatal and Infant Health, Child Injury Prevention, FASD Prevention, Community Action Program for Children (CAPC), Nobody's Perfect, and Research and Evaluation. The team meets monthly to share knowledge and explore collaborative opportunities that support early childhood well-being.

This year, the Core Stories Project was completed with the development of several new tools, including a set of information cards, an interactive activity for use with parenting groups, and a magnetic puzzle designed to spark cross-sector conversations. These resources aim to support meaningful engagement among parents, caregivers, and professionals.

In addition, the ECT member programs partnered to plan, fund, and deliver a series of informative webinars on a range of topics, including:

- *Save Rez Dogs: Innovative Approaches to Increasing Community Safety*, presented by Leah Arcand (Save Rez Dogs)
- *Supporting Indigenous Children in the Early Years*, presented by Lyndon Linklater (Traditional Knowledge Keeper and Storyteller)
- *Assessment and Support of Preschoolers with Prenatal Alcohol Exposure*, presented by Dr. Ghita Wiebe (College of Medicine, University of Saskatchewan) and Derek Friesen (Saskatchewan Health Authority)
- *Addressing Vaccine Hesitancy: Evidence-Based Strategies to Increase Acceptance*, presented by Dr. Noni MacDonald (Professor Emerita of Paediatrics, Dalhousie University)
- *Outdoor and Risky Play: Reframing Perspectives Using Evidence*, presented by Dr. Louise de Lannoy (Outdoor Play Canada)
- *Good News and Simple Tools for Building Resilience and Working with Trauma*, presented by Dr. Linda Chamberlain (Alaska Family Violence Prevention Project)

These collaborative learning opportunities and new resources reflect the team's shared commitment to advancing evidence-informed practices that nurture the health and development of young children across Saskatchewan.



Early Childhood Team:

Connie Herman, Christiana Inegbeboh,

Beth Blakley, Megan Clark

Missing: Rosemary Chukwu, Jackie Eaton



Saskatchewan Prevention Institute

Statement of Financial Position

As at March 31, 2025

	2025 \$	2024 \$
<u>Assets</u>		
Current Assets	704,010	582,143
Investments	1,149,248	1,263,938
Tangible Capital Assets	5,080	9,531
	<u>1,858,338</u>	<u>1,855,612</u>
<u>Liabilities and Net Assets</u>		
Current Liabilities	287,452	286,355
Net Assets	<u>1,570,886</u>	<u>1,569,257</u>
	<u>1,858,338</u>	<u>1,855,612</u>

Saskatchewan Prevention Institute

Statement of Operations

For the year ended March 31, 2025

	2025 \$	2024 \$
<u>Revenue</u>		
Program Grants and Activities	1,780,936	1,822,189
Government of Saskatchewan	177,552	172,380
Kinsmen Foundation Inc	140,000	140,000
SaskAbilities	64,198	61,445
Interest and Other Income	63,772	58,020
Total Revenue	<u>2,226,458</u>	<u>2,254,034</u>
<u>Expenses</u>		
Operations	437,677	395,996
Programs	<u>1,787,152</u>	<u>1,765,272</u>
Total Expenses	<u>2,224,829</u>	<u>2,161,268</u>
Excess of Revenue over Expenditures	<u>1,629</u>	<u>92,766</u>

2024-2025 Audited financial statements are available on our website or upon request.



Connecting with the Prevention Institute

We want to hear from service providers throughout Saskatchewan. Through feedback and the identification of needs, we will continue to remain relevant and accountable to you.

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our goal is **healthy** children

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